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A comparative study of agility among handball and basketball male player

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Abstract

The point of the investigation was to discover the nimbleness among Handball and Basketball male players. The subjects of the examination were fifteen Handball and ball players with in age of 18 to 25 years. All players are different colleges of Punjabi university, Patiala. The data was collected during inter college sports competition of Punjabi university, Patiala. To gauge the deftness the Shuttle Run was utilized. The 't' test was being used to think about nimbleness among Handball and ball players. The 'p' esteem was being used to discover noteworthy distinctive among Handball and b-ball players. The dimension of criticalness esteem was being used is 0.05. Result: For investigation and translation of the gathered information, there was noteworthy distinction in nimbleness among Handball and b-ball players. Bin Ball players are having great dexterity contrast with Handball Players in light of the fact that the Basket Ball are included more in short running and deftness sort of Movements in amusement.

Keywords: Agility, shuttle run, handball, basketball, inter college sports competition

1. Introduction

Nimbleness is the capacity to alter the course of the body in a productive and compelling way and to accomplish this requires a mix of equalization, static parity, dynamic parity and co-appointment. In games, readiness is frequently characterized as far as an individual game, because of it being a coordination of numerous parts each utilized in an unexpected way (explicit to all of sorts of various games). Sheppard and Young (2006) characterized dexterity as a "fast entire body development with alter of speed or course in light of an upgrade".

B-ball is a game played between two groups regularly comprising of at least five players. Each group has five players on the ball court at some random time. The goal is to score a bigger number of focuses than the other group, with focuses being scored by shooting a ball through a b-ball band (or container), which is found ten feet over the ground. The two groups shoot at inverse objectives. So as to move while possessing the ball, a player must spill, or ricocheting the ball. The quantity of focuses granted a player for effectively shooting the ball through his group's objective shifts as indicated by the situation. The most widely recognized situation is the two-point play, wherein a player scores two points for making a crate anyplace inside the "3-point line" while the ball is in play. A crescent line (the three-point line) denotes the region past which, if a player makes a bin, three are granted for the shot. One point is given to a player upon effectively making a free toss, or a foul shot.

Handball is a name that can allude to a long column of various diversions yet this site is as referenced above devoted to European Handball. European Handball is where two groups, each included seven players (six outfield players and a goalkeeper), meet on a Handball court. The objective of the diversion is to score by tossing the ball into to the objective of the other group. The Handball court is a square shape separated into two parts. Every half has an objective toward its finish. Before the objective there is a zone in which just the goalkeeper is permitted to step, however all outfield players are permitted to hop over it as long as they let go of the ball before they hit the ground. The zone extends 6 meters from the objective and is set apart by the 6 meter line. Outside the 6 meter line there is a 9 meter line. The 6 and 9 meter lines assume essential jobs in the amusement as they frame the reason for the development of the groups. The triumphant group is whatever group has scored the most objectives following 2 x 30 minutes.

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Handball is fast diversion with a great deal of activity. It isn't abnormal for a diversion to highlight 50-60 objectives which implies that there is frequently an objective consistently or each other moment. A lot of the offensives results in objectives. Handball used to be an altogether different diversion that what it is today. This isn't because of changes in the tenets since those have remained to a great extent the equivalent, yet rather because of the players winding up better. It used to be much less objectives in the diversion. Truly, Handball used to highlight about indistinguishable measure of objectives from ice hockey, yet with better and better players the measure of objectives have expanded to the point we are currently and where usually for the two groups to score in excess of 30 objectives in a diversion.

2. Method

The spryness of Handball players and ball was taken in transport run. The subjects of the investigation were fifteen Handball and b-ball players with in age of 18 to 25 years. All players are distinctive schools of Punjabi college, Patiala. The information was gathered amid bury school sports rivalry of Punjabi college, Patiala. The information was gathered for every factor by regulating their particular tests. This test

requires the individual to keep running forward and backward between two parallel lines as quick as would be prudent. Set up two lines of cones 30 feet separated or use line markings, and place two squares of wood or a comparative article behind one of the lines. Beginning at the line inverse the squares, on the flag "Prepared Go" the member hurries to the next line, gets a square and comes back to put it behind the beginning line, at that point comes back to get the second square, at that point keeps running with it back over the line.

Scoring

At least two trails might be performed, and the snappiest time was recorded. Results were recorded to the closest tenth of a second.

2.1 Testing Personnel

One prepared analyzer can regulate this test and record the score and time. On the off chance that he has a brief instant clock, he may have two understudies running in the meantime. In the event that two normal stop watches are accessible, swindlers can be utilized.

3. Results

Table 1: Examination of spryness among Handball and ball players.

Agility	Mean	SD	SED	Mean Difference	DF	T
Handball Players	13.63	1.25	0.32	0.94	28	2.48
Basketball Players	12.69	0.76	0.19			

*.05 (level of significance)

According to Table 1, the mean of agility in Handtball players and basketball players were 13.63 and 12.69 respectively, the SD of Handball players and basketball players were 1.25 and 0.76 respectively, the degree of freedom was 28. Whereas the

't' value 2.48 was found, so we can say that the difference was significant at 0.05 which prove that there are agility of basketball players better than Handball players.

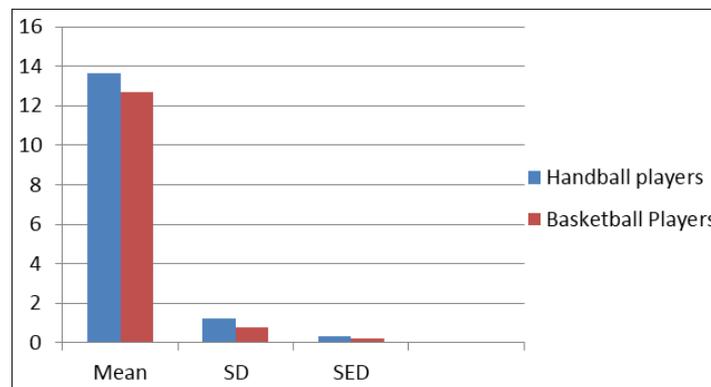


Diagram 1: Comparison of spryness among Handball and b-ball players

4. Conclusion and Discussion

It is inferred that Basket Ball male Players are having great spryness contrast with Handball male Players. The ball players are included more in short running and deftness sort of Movements in diversion.

5. References

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